

Pre-Health Professions at Truman State University

February 7, 2018

Letters of Recommendation

When should I start talking to my letter writers?

You should start asking letter writers **in person** if they will write a letter of recommendation for you approximately 3-4 months before the “hard” deadline (when your application service opens and allows writers to upload letters).

What information should I give my letter writers?

As much as possible! After your letter writer says yes, email them a copy of your resume/CV or list of activities & extracurricular involvement, your personal statement, information about how to write a letter of recommendation for your particular healthcare field (if applicable), and any other relevant information that will help your writer write a strong recommendation.

I suggest that you give your letter writer a deadline that is determined by you — one that is a couple of weeks before the “hard” deadline.

Then what?

Approximately one week before the deadline that you gave the letter writer, send a follow-up email that kindly and respectfully reminds them about the letter they agreed to write. Something along the lines of:

“I just wanted to thank you again for writing a letter of recommendation for me, and I wondered if there was any further information you needed from me. [The application service] will be sending you a link to upload your letter around [date]. Please let me know if you have questions!”

And then thank them again before signing your name.

Where do the letter writers send their letters?

Most health professions schools now use a centralized application service (i.e., AMCAS). When you start the application and enter your letter writers’ contact information, the application service will send them an email with a link to upload their letter.

You should start your application as soon as the application is available and submit your application as soon as you have everything completed.

Letters of Recommendation Resource:
[AAMC Guidelines for Writing a Letter of Evaluation](#)



- * Pre-Athletic Training
- * Pre-Chiropractic
- * Pre-Dental
- * Pre-Medical
- * Pre-Occupational Therapy
- * Pre-Optometry
- * Pre-Pharmacy
- * Pre-Physical Therapy
- * Pre-Physician Assistant
- * Pre-Veterinary

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↑ Click on the button to navigate to our page! ↓

Featured Events

Podiatric Medicine Virtual Fair TODAY

FREE for students. All nine podiatric schools will be present. If you are remotely interested in podiatric medicine, be sure to check it out. [Here](#) is more information.

Webinar: Strategies for a Successful DAT on Thursday, February 8th 6-7pm

Presented by Kaplan. For more information and to RSVP, click [here](#).

Recruiter for Army Health Professions Scholarship & Medicine Program will be in Kirksville on Thursday, February 8th

If you are interested in meeting with him to find out more information about this opportunity, please contact him as soon as possible. You may email him at chad.m.agustin.mil@mail.mil or call **210-687-8016** (cell)

AAMC Virtual Fair on Thursday, February 15th 10am-7pm

Over 60 medical schools will be present for questions and discussions via chat. For more information and to register, click [here](#).

DO/DMD for a Day at ATSU on Tuesday, February 20th 8am-5pm

Visit ATSU to see what a typical day is like for a DO or DMD student. This can be a great way to network with others, as well as meet the Admissions department at ATSU. Click [here](#) for more information and to RSVP.

@Truman: Saint Louis School of Medicine on Wednesday, February 21st 11:30am in Baldwin Hall 112

Interested in SLU's medical school? Bring your questions for the admissions department for this presentation in BH 112.

Webinar: The Road to Veterinary School on Wednesday, February 21st 1:30pm

For freshmen and sophomore undergraduate pre-veterinary students. Look at the VMCAS application and find out what you should be doing to prepare. Click [here](#) for more information.

@Truman: Career & Grad School Week is February 26th-March 2nd

The Career Center is hosting the spring Career & Grad School Week. Check out the schedule [here](#).

Upcoming Summer Program & Research Deadlines

Summer Health Professions Education Program (SHPEP): February 15

For more information, click [here](#).

Washington University ASPIRE: February 20

8-week program in which students do research with a mentor and receive three undergraduate credits. For more information, click [here](#).

@Truman: Student Research Conference: February 23

For more information, requirements, and deadlines, click [here](#).

Did You Know?

We have overviews of all pre-health professions requirements & ideas on shadowing, volunteering, & research in Kirksville.

Visit <http://excellence.truman.edu/advising/pre-health-professions/> for more information!

We have a table with great information regarding pre-health professions, schools, admissions tests, and other pertinent information. We have test prep materials available for checkout.

The information table is located in the Kirk Building hallway, outside of the freshmen academic advising office (Kirk Building 107). To check out materials, contact [Brittany Harden](#) or make an appointment to meet with her.

We have an archive of all of the previous newsletters.

Click [here](#) for more information!

We have an MCAT/Health Admissions Test Prep Course.

The course is currently titled INDV 320: MCAT/Med School Success Seminar — it is open to all students who will be taking an admission test for a health professions school (MCAT, DAT, OAT, etc.). If you have questions regarding this course, please contact [Brittany Harden](#).



Brittany A. Harden

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Make an appt online [here](#)

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For more information:
[Pre-Health Professions at Truman](#)

Meet with a pre-health advisor or the pre-health coordinator:

If you are in your second year at Truman AND majoring in Biology, Chemistry, Exercise Science, or Health Science:

- You should meet with the designated pre-health advisor in your major. Depending on the department, some major advisors have a specific pre-health profession and some are versed in multiple pre-health professions.

If you are a first-year student OR a first-semester transfer OR are majoring in anything **other** than Biology, Chemistry, Exercise Science, or Health Science:

- You should meet with Brittany Harden to help guide your preparation for health professions school. You may call 660-785-7403 or stop by the advising reception desk in Kirk Building 107 (Monday-Friday 8am-5pm) to make an appointment.